

Truth about Protein Powders

When it comes to protein powders, we are looking for clean protein to complement their already healthy lifestyle choices or to offset additional protein needs.

Top-selling protein powders may contain elevated levels of heavy metals and toxins:

- 1. Arsenic**
- 2. Cadmium**
- 3. Lead**
- 4. Mercury**
- 5. BPA leaching from packaging.**

Protein

The recommended daily intake of protein for adults who are at an average weight and activity level is:

0.8 - 1.0 grams per kg body weight per day

